



Please find below the descriptors for your Recreation brochure / Town web page.

Simply select the information you require, and copy and paste it into your application. Thank you for your assistance and please let us know if there is any additional information you require.

Many Thanks.

TOTAL SPORTS SQUIRTS PROGRAM

The Total Sport Squirts program introduces children aged 3 to 5 to a variety of sports such as soccer, basketball, lacrosse, hockey and T-Ball. All classes will take place in a safe, structured environment which is sure to encourage learning and skill development. Games and drills are designed to capture each child's imagination. Whether it is trying to find Nemo, sending Shrek into a spin or capturing jellyfish with Sponge Bob Square Pants, there's fun to be had by all. All activities promote hand-eye coordination, movement, balance and most importantly Fun, Fun, Fun!

T BALL SQUIRTS

The US Sports Institute's T-Ball Squirts is a great way to introduce your young sluggers to the exciting game of baseball! T-Ball Squirts focuses on the fundamental skills of the game: including hitting, throwing, catching and running the bases. Our progressive T-Ball curriculum enables each child to develop their skills, and understanding of the game. Using safe and developmentally appropriate equipment, core components of T-Ball are learned through a series of fun games and activities designed to reinforce fundamental skills while incorporating realistic game situations.

FIRST PLAY TENNIS CLINIC

US Sports Institute's first play tennis clinic follows developmental curriculums and guidelines laid out by the USTA, including their highly appraised QuickStart Tennis format. Regardless of age, participants will learn the basic fundamentals in stroke production, court movement and footwork skills, in a low pressured, yet energetic environment. Most importantly it's all about fun, with games, games and more games during each session! This Tennis Class is suited to players who are of beginner to low intermediate level. All participants will have a great time learning the basics of the number one racquet sport in the US. **Please Note: players must provide their own racquet.**

SPRING WEBSITE PROMOTIONS

More and more parents are now using the internet to search for information on sports programs and recreational activities. Therefore, in order to help promote the spring programs we are running in your town, please find below the information that we would like posted on your website.

We hope this information will make it easier for parents not only to register for the classes, but also find more details on programs we offer within their town. With a flyer they have to physically type in the URLs, and then find the page they are looking for; these links aim to eliminate this, where with one click of a button they find the information they need.

Please note if copying and pasting this information onto your website hyperlinks may be lost. Please may you ensure that all 'Click Here' links and logos are hyperlinked to the correct addresses when uploaded (I have provided these underneath each link). Also, if you are unsure how to hyperlink text then please let me know and I will be happy to help you through the process.

Thanks very much in advance.



Click here to Register today!

(866) 345-BALL

www.UsportsInstitute.com



TOTAL SPORTS SQUIRTS (age 3 to 5): Experience a new sport each week of the program, with Sports Squirts. Participants have the opportunity to try Lacrosse, Soccer, Basketball, T-Ball, Floor Hockey, Parachute games and more in a safe, structured environment. All activities promote hand-eye coordination, movement, balance and most importantly Fun, Fun, Fun!

Please [click here](http://www.usportsinstitute.com/squirts-home/sports-squirts.html) for more information on Total Sports Squirts.

Please ensure 'Click here' and the logo is hyperlinked to <http://www.usportsinstitute.com/squirts-home/sports-squirts.html>



FIRST PLAY TENNIS (age 5 to 14): USSI First Play Tennis programs provide an opportunity for players of all ages to learn real tennis and have fun in the process! Following developmental curriculums and guidelines laid out by the USTA, participants will learn the basic fundamentals, and experience success from start to finish. ***Players must provide their own racket.***

Please [click here](#) for more information on First Play Tennis

Please ensure 'Click here' and the logo is hyperlinked to <http://ussportsinstitute.com/tennis-home.html>



T-BALL SQUIRTS (age 3 to 5): This program is a great way to introduce your young sluggers to the exciting game of baseball! Focusing on the fundamental skills of the game, including hitting, throwing, catching and running the bases, our progressive T-ball curriculum enables each child to develop their skills and understanding of the game.

Please [click here](#) for more information on T-Ball Squirts

Please ensure 'Click here' and the logo is hyperlinked to <http://www.ussportsinstitute.com/squirts-home/t-ball-squirts.html>



SPRING SPORTS CLASSES

Ages 3-5 • Boys & Girls

WATCHUNG/WARREN TWP

In association with Watchung and Warren Twp Recreation Departments



T-Ball Squirts is a great way to introduce your young sluggers to the exciting game of baseball and softball! Focus is on the fundamental skills of the game; including hitting, throwing, catching and running the bases.

Our progressive T-Ball curriculum enables each child to develop their skills, and understanding of the game.

Using safe and developmentally appropriate equipment, core components of T-Ball are learned through a series of fun games and activities designed to reinforce fundamental skills and incorporate game situations. (Players may bring their own glove, although not mandatory).

- Hitting
- Running the bases
- Fielding / Catching
- Field Positioning
- Team Work



Want to try a variety of sports? The Total Sports Squirts program is ideal for the child who wants to try their hand at a little of everything, allowing children to experience a new sport in each session of the program.

Participants have the opportunity to try lacrosse, soccer, basketball, t-ball, floor hockey, parachute games and more, in a safe, fun and structured environment.

All sports are presented in a positive and relaxed environment with an emphasis on participation, interaction and communication.

- Soccer
- Basketball
- Lacrosse
- T-Ball
- Hockey



SPRING 2014 LISTINGS

All programs take place at Mobus Field

Code	Day	Date	Time	Age	Fee
T-BALL SQUIRTS					
TB20919	Mon	4/21-6/16	10:00 AM-11:00 AM	3 to 5	\$150
TB20920	Mon	4/21-6/16	11:30 AM-12:30 PM	3 to 5	\$150
TB20921	Mon	4/21-6/16	1:00 PM-2:00 PM	3 to 5	\$150

Please note there will be a miss date on 5/26

TOTAL SPORTS SQUIRTS					
SP20922	Thu	4/24-6/12	10:00 AM-11:00 AM	3 to 5	\$150
SP20923	Thu	4/24-6/12	11:30 AM-12:30 PM	3 to 5	\$150
SP20924	Thu	4/24-6/12	1:00 PM-2:00 PM	3 to 5	\$150

**April 1 the cost of all classes will increase to \$180.
Please register early to avoid incurring the late fee.**

Moms and Dads! Check out our new Adult Tennis classes in Watchung this Spring. Details are online.

EARLY BIRD 10% DISCOUNT:

Use coupon code PEB14

See online for terms & conditions

Summer camps now listed online!



(866) 345-BALL
USsportsInstitute.com

